

Amazing Liver Gallbladder Flush – Dr. Andrew Moritz

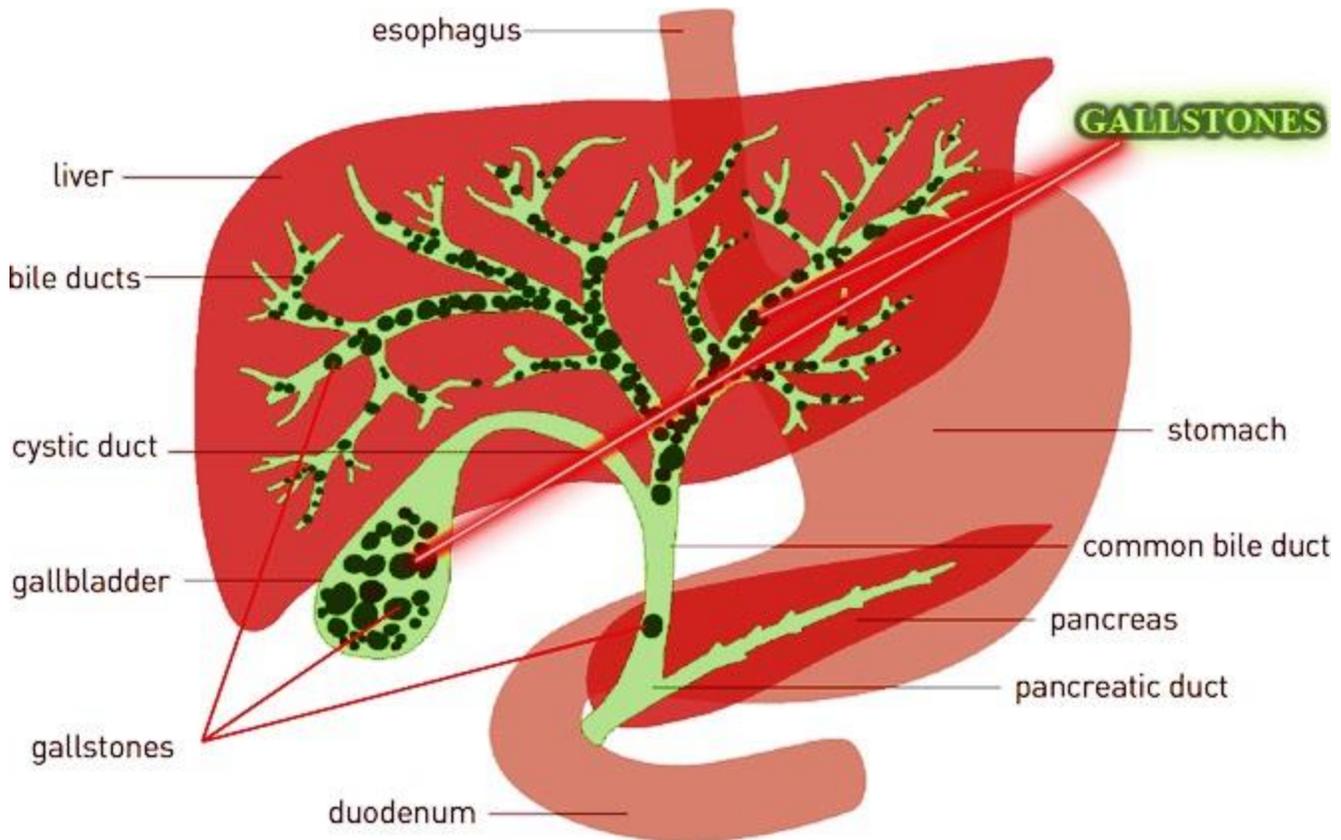
This particular approach to detoxing gallstones appears fairly often on a person's Qest4 scan. Rather than have you purchase Moritz's book, I found a step by step instruction for those for whom this process scored high in scans.

Step by step breakdown written by Project Life Mastery.

1. For at least 4 or 5 days before your liver and gallbladder flush, drink a lot of apple juice or take malic acid supplements to help soften the gallstones in your gallbladder. This will ensure you have a successful liver flush.
2. On the day of your liver flush, have a light breakfast with no fat. This will help the bile in your liver to accumulate and put pressure in your liver. This will help you eliminate more gallstones in your liver and gallbladder during the flush.
3. At 2:00PM that day, mix 4 tablespoons of Epsom Salts in 3 cups of water, pouring this into a sealed jar. Make sure to NOT drink or consume any foods after 2:00PM. Right now you're just preparing your drink for later in the evening. You'll want to put the jar into the fridge, to keep it cold.
4. At 6:00PM, drink 3/4 cup of this mixture. It will taste disgusting... but force yourself to chug it. You can add 1/8 tablespoons of powdered whole food Vitamin C (such as boabob, acerola, camu camu powder) to make it taste better. Some have even had some soda with it to help improve the taste.
5. At 8:00PM, drink another 3/4 cup of this mixture. This is helping your liver prepare for the flush. Make sure to now get all of your errands and bedtime routines complete. It's time to prepare for the flush, as you want to lay down and go to sleep right after the next part and NOT DO ANYTHING ELSE.
6. At 9:45PM, pour 1/2 cup of extra virgin olive oil into a jar. Squeeze an entire grapefruit (can also use lemon or lime juice). Make sure to remove any pulp. You should now have 1/2 to 3/4 cups of grapefruit juice mixed with the extra virgin olive oil the jar. Close the jar and shake it very hard until it is all liquid and mixes together.
7. At 10:00PM, drink this mixture and aim to get it all down within 5 minutes. I recommend to have this next to your bed, so you can lay down immediately right after drinking it (the sooner you can lay down, the better).
8. Once you've drank the mixture, lay down immediately in bed. Do not brush your teeth or go to the bathroom (you should have done that earlier). **This is VERY IMPORTANT and most people do this incorrectly. Lay down on your back and stay completely still for at least 20 minutes and try to go to sleep.** You may notice things happening in your liver, even some gallstones might feel like they are rolling out like marbles.
9. When you wake up in the morning, drink a 3rd dose of your 3/4 cup of Epsom salts. You can go back to sleep if you'd like. You should feel like you have to go to the bathroom, in which case, do so in the morning.
10. Two hours later, drink the last dose of Epsom salts.
11. Only after 2 more hours can you eat anything, but do not eat solid fruits just yet. Start with liquids and slowly move to fruit.

If you do this correctly, you should be going to the bathroom quite a bit in the morning.

A PurelyLiving PMA member reported passing 3-400 stones with this protocol.



Look for the gallstones to appear in your toilet. Some will float to the top and might range in the size of a small pea to the size of a golf ball. Some will also sink to the bottom (calcified).

During my amazing liver and gallbladder cleanse, I literally saw hundreds of stones come out of me for several hours in the morning. It was pretty remarkable!

There is some controversy out there about the legitimacy of doing a liver flush and the gallstones that come out. Some don't believe it to be true, others swear by it. I know after doing research, many people got their gallstones tested and brought them into a lab to verify that it's legit.

My advice is to try it for yourself and see how it benefits you.

I feel much better by doing one and plan on doing several more, to get rid of more gallstones.

It's recommended to wait at least 2 weeks before doing another amazing liver and gallbladder flush, as doing it too frequently can be hard on the system.

This information obtained from: <https://projectlifemastery.com/amazing-liver-and-gallbladder-flush/>